

## create your own

### step one

Select one of our fresh lettuces

Iceberg Mix      Spring Mix  
Romaine        Spinach

### step two

Choose up to one scoop of all your favorite "throw-ins"

Additional charge for Avocado. Additional throw-ins 59¢ each

Apples	Fried Onions
Avocado	Goat Cheese
Bacon	Green Bell Peppers
Beets	Hard-Boiled Egg
Banana Pepper	Hearts of Palm
Basil	Jalapeño
Black Beans	Kalamata Olives
Black Olives	Mandarin Oranges
Bleu Cheese	Mozzarella
Broccoli	Mushrooms
Carrots	Parmesan Cheese
Candied Pecans	Raisins
Cayenne Pepper	Red Onions
Cheddar Cheese	Roasted Red Pepper
Chickpeas	Sesame Seeds
Cilantro	Sliced Almonds
Corn	Strawberries
Croutons	Sunflower Seeds
Cucumbers	Tomatoes
Dried Cranberries	Tortilla Chips
Edamame	Wonton Strips
Feta Cheese	

### step three

Add some personality with a protein

Additional charge for the proteins below.

All Natural Chicken	Turkey Breast
Buffalo Chicken	Wild Alaskan Salmon
Teriyaki Chicken	Shrimp
Albacore Tuna	

### step four

Dress it up just the way you like it

Fat Free Honey Dijon	Balsamic Vinaigrette
House Italian	Spicy Asian Peanut
Blueberry Pomegranate	Smokey Jalapeño Ranch
Vinaigrette	Carb Free Asian
Gorgonzola Vinaigrette	Sesame Ginger
Buttermilk Ranch	Fat Free Raspberry
Lite Caesar	Vinaigrette
Caesar	Carb Free Sweet Roasted
Cucumber Wasabi	Garlic Vinaigrette
Bleu Cheese	Thousand Island
Greek	
Fresh Lemon Squeeze	
Balsamic Vinegar	

### step five

"Chop it up!"

to get more flavor  
out of every bite



## classic paninis

### Napa Valley Veggie

Italian Ciabatta Bread, Avocado, Hana's Black Bean Salsa and Ranch Dressing

### Chicken Italiano

Multigrain Sunflower Panini Bread, All Natural Chicken, Mozzarella Cheese, Fresh Basil and Basil Pesto Mayo

### Buffalo Chicken Caesar

Multigrain Sunflower Panini Bread, Buffalo Chicken, Bacon, Freshly Shaved Parmesan Cheese and Caesar Dressing

### Spicy Southwestern

Italian Ciabatta Bread, All Natural Chicken, Mozzarella Cheese, Jalapeño Peppers, Hana's Black Bean Salsa and Smokey Jalapeño Ranch Dressing

### Turkey Harvest

Multigrain Sunflower Panini Bread, Turkey, Cheddar Cheese, Bacon, Sprinkled with Dried Cranberries and Thousand Island Dressing

## fresh soups

Ask about our daily selection

## chili

Hot and hearty

## beverages

Bottled Water  
Fountain Drinks

## desserts

Chocolate Chip or  
Oatmeal Raisin Cookie

## kid's meals (ages 12 and under)

All meals served with granola bar and apple juice box

### Grilled Cheese Quesadilla

12" Whole Wheat Wrap and Cheddar Cheese

### "Junior Jr." Salad

Romaine, Turkey, Cheddar Cheese, Cucumbers, Tomatoes, Croutons and Dressing of choice

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# salad creations

share some goodness



saladcreations  
**classics**

Jr.  
Salad

Full  
Salad

Wrap

**Balsamic Orange & Bleu**

Spring Mix, Candied Pecans, Mandarin Oranges and Bleu Cheese Crumbles

*Chef Recommended Dressing: Balsamic Vinaigrette*

**The Wedge**

Iceberg, Bacon, Fried Onions, Candied Pecans and Bleu Cheese Crumbles

*Chef Recommended Dressing: Bleu Cheese*

**Greekalicious**

Romaine, Roasted Red Peppers, Feta Cheese, Kalamata Olives, Tomatoes and Hearts of Palm

*Chef Recommended Dressing: Greek*

**Spicy Veggie**

Spring Mix, Lime Juice, Cayenne Pepper, Cilantro, Tomatoes, Carrots, Cucumbers, Onions, Black Beans and Tortilla Chips

*Chef Recommended Dressing: Ranch*

**Caesar**

Romaine, Croutons and Freshly Shaved Parmesan Cheese

*Chef Recommended Dressing: Caesar*

saladcreations  
**signature**

Jr.  
Salad

Full  
Salad

Wrap

**Chinese Chopstick**

Spring Mix, Teriyaki Chicken, Mandarin Oranges and Wonton Strips

*Chef Recommended Dressing: Asian Peanut*

**Buffalo Chicken Caesar**

Romaine, Buffalo Chicken, Tomatoes, Hard Boiled Egg, Croutons, Bacon, Freshly Shaved Parmesan Cheese and Hot Sauce

*Chef Recommended Dressing: Caesar*

**Thai Crunch**

Iceberg, Teriyaki Chicken, Cucumbers, Wonton Strips, Carrots, Onions and Edamame with a swirl of Asian Peanut Dressing

*Chef Recommended Dressing: Sesame Ginger*

**Apple & Pecan**

Spring Mix, Apples, Strawberries, Candied Pecans and Goat Cheese

*Chef Recommended Dressing: Raspberry Vinaigrette*

**Chipotle BBQ Chicken**

Romaine, Chipotle BBQ Chicken, Black Beans, Corn, Cilantro, Tortilla Chips, Cheddar Cheese, Tomatoes, Fried Onions with a swirl of BBQ Sauce

*Chef Recommended Dressing: Ranch*

**Green Goodness**

Spinach, Spring Mix, Broccoli, Goat Cheese, Apples, Hearts of Palm and Roasted Red Peppers

*Chef Recommended Dressing: Raspberry Vinaigrette*

**Chicken Caesar**

Romaine, All Natural Grilled Chicken, Croutons and Freshly Shaved Parmesan Cheese

*Chef Recommended Dressing: Caesar*

saladcreations  
**premium**

Jr.  
Salad

Full  
Salad

Wrap

**Wild Alaskan Salmon**

Spinach, Salmon, Tomatoes, Onions, Carrots, Feta Cheese and Sunflower Seeds

*Chef Recommended Dressing: Balsamic Vinaigrette*

**Derby Chicken Cobb**

Romaine, All Natural Grilled Chicken, Bleu Cheese Crumbles, Bacon, Tomatoes, Avocado,

Hard Boiled Egg, and Fried Onions

*Chef Recommended Dressing: Honey Dijon*

**Sophie's Strawberry Chicken**

Spring Mix, All Natural Grilled Chicken, Strawberries, Mandarin Oranges, Cranberries, Candied Pecans and Goat Cheese

*Chef Recommended Dressing: Raspberry Vinaigrette*

**Sesame Shrimp**

Spring Mix, Ginger Shrimp, Mandarin Oranges, Sesame Seeds and Wonton Strips

*Chef Recommended Dressing: Asian Ginger*

**Ginger Glazed Salmon**

Spring Mix, Salmon, Wonton Strips, Edamame, Cilantro and Red Onions

*Chef Recommended Dressing: Sesame Ginger*

**Baja Shrimp Cobb**

Iceberg, Shrimp, Bacon, Tomatoes, Cheddar Cheese and Avocado

*Chef Recommended Dressing: Smokey Jalapeño Ranch*

**Turkey Chop**

Romaine, Spinach, Turkey Breast, Apples, Candied Pecans, Beets and Goat Cheese

*Chef Recommended Dressing: Balsamic Vinaigrette*

**Mexicali Burrito**

Iceberg, Tomatoes, Cucumbers, Jalapeños, Tortilla Chips, Cheddar Cheese and warm Chili served over a tortilla

*Chef Recommended Dressing: Smokey Jalapeño Ranch*

**Shrimp Caesar**

Romaine, Shrimp, Croutons and Freshly Shaved Parmesan Cheese

*Chef Recommended Dressing: Caesar*

chef  
created  
salads

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